

ND EMS Update – COVID-19 03/28/2020

- Reminder to request supplies through the North Dakota State Medical Cache through [HAN Assets](#).
- In an effort to further protect the EMS community, a "Non-Disclosure Agreement" has been developed in order to initiate the release of address locations for individuals with a positive COVID-19 test to ND PSAPs. The address information will be sent from a DoH point of contact (POC) to an NDDES-State Radio POC, who will disseminate the address location to the applicable PSAP so they can notify emergency responders that are responding to an identified location to take necessary precautions at the location. The information is to be disclosed **ONLY ON AN ACTIVE RESPONSE TO THAT LOCATION AND IS NOT TO BE DISCLOSED TO ANYONE ELSE**. These non-disclosure agreements are being sent to all PSAPS and 911-coordinators throughout the state to be signed and returned before this information will be shared on a daily basis.
- Always keep in mind: The virus may persist on surfaces for a few hours or up to several days, depending on conditions and the type of surface.
- Remember to stay vigilant with the basics that have been reiterated continuously but yet can't be said enough:
 - Stay home when sick.
 - [Wash hands](#) or use sanitizer frequently and after coughing, sneezing, blowing nose, and using the restroom.
 - Follow these five steps every time.
 - **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
 - **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
 - **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
 - **Rinse** your hands well under clean, running water.
 - **Dry** your hands using a clean towel or air dry them.
 - Avoid touching your nose, mouth, & eyes.
 - Cover coughs & sneezes with tissues or do it in your sleeve.
 - Dispose of tissues in no-touch bins.

- Avoid unnecessary close contact with others when possible.
- Avoid shaking hands/wash hands after physical contact with others
- Keep common surfaces such as telephones, keyboards clean.
- Minimize group meetings by using phone, email, and avoid close contact when meetings are necessary.
- **Self-care is important for your well-being** and to maintain the EMS system throughout the state: maintain your physical and emotional health with rest, diet, exercise and relaxation. Avoid unhealthy behavior such as excess drinking.

**** We must continue to be extremely careful that we do not aid in the transfer of COVID-19 virus to the at-risk populations as well as our own families.****